



Dhammaadka Karantiilka COVID-19 ee Goobaha Aan Caafimaadka Ahayn

Haddii lagaa helay COVID-19 oo:

Aad leedahay calaamadaha COVID-19 oo aad ku daryeelayso naftaada guriga:



Waad ka tegi kartaa “qolkaaga xanuunka” iyo guriga markay:

- ✓ Ugu yaraan 10 maalmood ay kasoo wareegtay illaa intay kaasoo muuqdeen calaamadahaagi u horreeyay,
IYO
- ✓ Aanad yeelan qandho ugu yaraan 3 maalmood (72 saacadood oo ah qandho la'aan iyada oo aanad isticmaalin daawada yaraysa qandhada),
IYO
- ✓ Calaamadaha kale ee neefsashada ay fiicnaadeen (tusaale qufac a ama neef sashada oo yaraata ay fiicnaaden.

Ma aanad yeelan wax calaamado ah oo waxad ku daryeelaysay naftaada guriga:



- ✓ Ugu yaraan ay kasoo wareegtay 10 maalmood illaa taariikhda shaybaarkii u horreeyay ee lagaa helay COVID-19,
IYO
- ✓ Waxad sii waday in aanad yeelan calaamado (tusaale: mad yeelan qufac a ama neefsashada oo yaraata) illaa intii shaybaarka.

Maine CDC waa inay kaa soo saarto karantiilka kahor intaadan kasoo bixin “qolkaaga xanuunka” iyo guriga.